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Food and Home Notes

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In This Issue:

- 1 - Food: Milk/ Dairy Farms
- 2 - People: On Farming Co-ops
- 3 - Food: On Food Additives
- 4 - Story box: Laundry Problems

Ohio

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For best flavor and cooking quality, use eggs within a week.

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Eggs held in the refrigerator for a long time may develop off-flavor and lose some of their thickening and leavening power.

* * *

Cover leftover yolks with cold water and store in refrigerator in a tightly closed container.

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Served even by themselves, eggs make a savory main course for breakfast, lunch or dinner.

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For soft cooked, fried, poached, scrambled and hard boiled use only clean eggs with no cracks.

* * *

Egg whites whip more easily and give greater volume at room temperature than when first taken from the refrigerator.

FEWER FAMILIES

— ON DAIRY FARMS

Did you know that the number of farms with milk cows on them has declined sharply — 86 percent — from 3.5 million to under 500,000 — in the past 25 years? Yet we still have all the milk we need.

How do we do it? One person can take care of many more cows with today's equipment...and the mechanization and the hiring of full-time help relieves some of the confinements of dairy farming. Part of the reason is that the size of the dairy farms has been increasing — the number of dairy cows per farm has more than doubled in the past quarter century.

Also — better feeding, breeding and management practices have been major factors. And, as a result of them, milk yields of cows have more than doubled since World War II and now top 10,000 pounds (about 4,650 quarts) per cow annually.

Editors interested in the full story can write to Food and Home Notes for a copy of "People on the Farm: Dairying"

WHAT YOU NEED TO KNOW — ABOUT CO-OPS?

Forming a cooperative is sometimes the answer to the needs of a group of people. There are many types of cooperatives and the field is as varied as you might imagine ...from fishing clubs, swimming pools to credit unions. But — most folks just don't understand how they work — and that's what the latest booklet on "Advising People About Cooperatives" is all about. A "How-to" for you.

A cooperative is a voluntary contractual organization of persons having a mutual ownership interest in providing themselves goods or services on a non-profit basis. The main point behind a cooperative usually is to obtain goods or service for a group by pooling human, financial and physical resources.

The booklet tells of the financial liability that may be incurred, how members may withdraw investments in cooperatives and why cooperatives fail. "Advising People About Cooperatives" is for sale by the Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Price 45 cents. Available to the working PRESS free — if request is made on publication's stationery — direct it to the editor — Food and Home Notes, Room 545-A, Office of Communication, U.S. Department of Agriculture, Washington, D.C. 20250.

WANT TO RAISE RABBITS?

Approximately 200,000 people in this country are engaged in some phase of the rabbit business — and rabbits are raised in all fifty states.

A new reference manual, designed to help people who raise rabbits recognize the more common rabbit diseases and to know when professional advise is needed, has been published by the U.S. Department of Agriculture. Write for "Domestic Rabbits: Diseases and Parasites" Agricultural Handbook No. 490 Superintend of Documents, U.S. Government Printing Office, Washington, D.C. 20402. Cost is 65 cents.

HOW MUCH DO YOU KNOW

—— ABOUT FOOD ADDITIVES?

Do you know what food additives are approved for use in meat and poultry products?

While the initial safety of food additives is determined by the Food and Drug Administration, an additive to be used in conjunction with meat or poultry products must also be approved by the Animal and Plant Health Inspection Service of the U.S. Department of Agriculture.

There are three basic categories for food additives. 1 - Flavoring components:

(such as sugar, garlic, pepper, oregano and other spices and herbs) which are added to food for flavoring purposes only. 2 - Nutritional substances and substances added to produce a physical effect and which also have nutritional value as a food. (whey products, non-fat dry milk powder, flours, starches, and other similar extenders) they

help bind together ingredients as well as add nutritional value to meat products like sausages, luncheon meats, and meat patties. 3 - Substances intended only to affect the product's physical characteristics (such as gums, cures, phosphates, and antioxidants).

Citrus acid, a chemical preservative, may be used in cured pork and beef cuts and sausage products to maintain color during storage. These substances usually have little or no nutritional value as a food.

All additives used in conjunction with meat or poultry products must be approved by USDA and must meet Food and Drug Administration's safety requirements. USDA determines that the additives will —

- 1 - not cause a meat or poultry product to be adulterated or misbranded
- 2 - establishes appropriate limits or restrictions on the additives used in meat or poultry products
- 3 - and determines that the additive is effective and produces the intended results in the product.

TO THE PRESS — BECAUSE YOU ASKED

What's happening in Hometown, USA — outside your own backyard? Information that should be useful to your readers -- ideas that they could expand on and use in your community...you'll find all this — and more — in the new "Story box" — it's here to share ideas from the Extension Service, U.S. Department of Agriculture.



SOLUTIONS TO...LAUNDRY PROBLEMS

Young adults who do their laundry at laundromats sometimes discover that "Mother Never Told Me" about all the laundry problems they encounter.

Media: For a story on some solutions to typical laundry problems, contact Judith A. Wessel, Extension Specialist, Ohio Cooperative Extension Service, 1787 Neil Avenue, Columbus, Ohio 43210. Phone (614) 422-0858

Educate For Safety



**National
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